

Steak Frites & Café de Paris Sauce

with Garlicky Green Bean Salad

TASTE TOURS



Grab your Meal Kit with this symbol



Potato



Onion



Garlic



Green Beans



Cherry Tomatoes



Cream



Dijon Mustard



Worcestershire Sauce



Beef Rump



Curry Powder



Mixed Salad Leaves



Parsley

Prep in: **20-30 mins**
Ready in: **40-50 mins**

Step into the heart of France with this classic - steak frites! Tender beef rump is accompanied by hand-cut fries, with a deeply flavourful creamy sauce to dip in to. This dish promises an unforgettable rendezvous with the flavours of Paris, right on your plate.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
onion	½	1
garlic	3 cloves	6 cloves
green beans	1 small packet	1 medium packet
cherry tomatoes	1 medium packet	1 large packet
cream	1 packet	2 packets
Dijon mustard	½ medium packet	1 medium packet
Worcestershire sauce	1 medium packet	1 large packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
curry powder	½ sachet	1 sachet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3684kJ (880Cal)	538kJ (129Cal)
Protein (g)	42.1g	6.2g
Fat, total (g)	58.2g	8.5g
- saturated (g)	34.5g	5g
Carbohydrate (g)	47.6g	7g
- sugars (g)	25.3g	3.7g
Sodium (mg)	337mg	49mg
Dietary Fibre (g)	9.2g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until just tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Cook the beef

- **See 'Top Steak Tips' (below)**. Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.
- Wipe out frying pan and return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Get prepped

- Meanwhile, thinly slice **onion** (see ingredients). Finely chop **garlic**. Trim and halve **green beans**. Halve **cherry tomatoes**.
- In a medium bowl, combine **cream**, **Dijon mustard** (see ingredients) and **Worcestershire sauce**. Set aside.



Make the sauce

- While the beef is resting, return frying pan to medium-high heat with a drizzle of **olive oil**. Add **onion** and cook until tender, **4-5 minutes**.
- Add remaining **garlic** and **curry powder** (see ingredients) and cook, until fragrant, **1 minute**.
- Add **mustard cream mixture** to the pan and simmer until thickened and slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.



Cook the beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until tender, **3-4 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Transfer **garlic beans** to a large bowl and set aside.



Serve up

- To the bowl with the beans, add cherry tomatoes, **mixed salad leaves** and a drizzle of **vinegar** and olive oil. Toss to combine and season to taste.
- Slice beef rump and bring to the table with potato frites, garlicky green bean salad and café de Paris sauce. Tear over **parsley** to serve. Enjoy!

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